

The Senior Edition

November 2016
Volume 16 Issue 11



*Members of the Shrewsbury Police Department
at last month's Annual Luncheon.
Thank you for your service!*

The Town of Shrewsbury's Council on Aging (COA) mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

Thank You Veterans!
Are you a Veteran? Do you know someone who could benefit from Veteran's Services?



Veterans's Services: If you are a veteran, or the spouse/widow of a veteran, you may want to look into what benefits may be available from either the Commonwealth of Massachusetts (Mass General Laws, Chapter 115) or the Federal Veteran's Administration (VA). Programs are in place that can help with housing costs, medical bills, health care, pensions, disability compensation, and burial expenses. If you would like to find out what may be available in your particular case, contact Veteran's Service Officer Mike Perna at 508 841 8386 or District Director Adam Costello at 774-551-5782, or stop by our office in the Senior Center on Thursdays from 8:00 AM to 4:00 PM.

Getting this Newsletter for the first time? **Happy 60th Birthday!** We recently added all residents turning 60 by June 30th, 2017 to our Mailing List! Welcome!

Are you a **"Snow Bird"**? Please let us know if you need us to suspend your Newsletter mailing while you are away this winter. Thank you!

November Highlights: Details Inside!

November 6th—set your clocks back!!

NEW Programs:
1 day Card Making Class
Exploring Photography

Performances:
"Two to Tango" Performance
Songs of World War II commemorating Veterans Day
"Fraud Squad" performance with the RSVP Players

Glitz Girl Jewelry Sale

Weekly Flu Shots

Time with Representative Michael Moore

Monthly CARES, Doctor Is In, SHINE Columns and More

*Call to sign up for events...there is plenty more to do at the Senior Center and the Community in this issue!
Have a healthy month!*

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Friends of the Shrewsbury Senior Center, Inc.
98 Maple Avenue, Shrewsbury, MA 01545
508-841-8640



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CARES Coordinator: Dave Grillo

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Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: jfield@shrewsburyma.gov. Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

IMPORTANT!
Deadline for the
December
Newsletter
is November 8, 2016

Senior Television Shows, SPAC-TV 28

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm.

Seniors on the Move (30 mins) Tues. at 2:00pm, Wed. 10:00am and Fri. 11:30am, Host : Karen McKenzie.

SHINE "Medicare and More" TV) with Ed Roth at Milford TV (30 mins) Fridays at 11:30am, Saturdays at 11:30, Mondays at 4pm.

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsburyma.gov.

Help on Newsletter Mailing Day!: Free Coffee, Donuts and Muffins to help us stick the mailing labels on The Senior Edition Newsletter. Mailing date for the **December Issue is FRIDAY, November 25th at 8:30am.** Join us for a fun two hours!

**November Free Health Screenings:**

Please call to sign up

11/8 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

11/8 (Tues) 1-2:00pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings, weight checks and more...with Dr. Clermont and nurse Lydia.

Flu Shots: Did you miss last month's flu shot day? No worries! Every Wed. in November 11:00-1:00p. See Dr. Clermont and nurse Lydia.

Watch for these screenings in the works!

Dermatology, Cognitive Wellness!

Thurs., Nov 3rd, 5:30pm Community Dinner & Play {dress rehearsal} at 7pm, Shrewsbury High School presented by the Shrewsbury Rotary Club. The play is "Yellow Boat", a drama based on a true story of a child's life who died from hemophilia at a young age. His imagination transformed physical & emotional pain into beauty. Tickets: \$3.00 at the Shrewsbury Center.

Fri., Nov. 4th, 10-11am: Brain Gym

Smoothie: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.



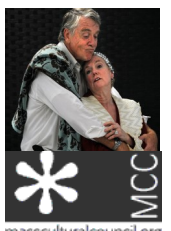
November 8th: Election Day: (see important notice next page!) Glitzy Girl Jewelry Sale at the Senior Center...makes great Holiday gifts! A portion of the proceeds go to the Senior Center.

Legislative Office Hours with Representative Hannah Kane, Nov. 10th, Thurs. 2:30-3:30p at the Shrewsbury Fire Station. No appointment necessary. Your state rep is here for you and whatever concerns you might have!

Thurs., Nov 10th, 9am-12pm: Legal Clinic: Meet with an elder law attorney one on one for a half hour to review your legal questions/issues. Advance signup is required, call the Senior Center to register. December 6th is the next Clinic.

November 10th, 1pm: "Two To Tango" Play (rescheduled from June!) : This

play will feature the Masters of American Theatre, acclaimed local actor and actress Richard Clark (Mark Twain, Clarence Darrow, John Barrymore) and Lynne McKinney Lydick (Clara Barton, Abbey Kelley Foster). Come and enjoy an afternoon of quality theatre! This program is supported in part by a grant from the Shrewsbury Cultural Arts Council, a state agency, along with the Friends of the Shrewsbury Senior Center, Inc.



Thurs., November 10th 12pm: Lunch & Learn with Dr. C: . Normal Aging in Seniors. Breaking the stereotypes. Getting back to knowing what is normal and what is not; And what can be done for aches and pains during our golden years. Please join us for this wonderful insight on health and happiness and how to continue down this road. Bring your lunch or buy one here at the café for \$2.50/donation.; call ahead to reserve your lunch.



November 15th, 1PM: Songs of World War II in honor of Veterans' Day. Celebrating the 75th anniversary of Pearl Harbor and the 71st anniversary of the end of World War II, Ruth Harcovitz, singing star and 2015 Ms. Massachusetts will be singing. The show commemorates the end of the war in 1945, a time when the world was new, hearts were young, and life was free once again. Favorites songs like "White Cliffs of Dover" and "Boogie Woogie Bugle Boy" are included. Bring a friend or come and make new friends and reminisce about your experiences during the war years. If you are too young to remember, come and talk with those that do remember and learn what life was like during the war years. Refreshments will be served. This performance is supported by a grant from the Shrewsbury Cultural Council, a local agency. The Massachusetts Cultural Council, a state agency and the Friends of the Shrewsbury Senior Center, Inc. Join us here at the Shrewsbury Senior Ctr.

Tues, Nov. 15th, 1pm Exploring Photography Class

This great group of amateur photographers began meeting at the Senior Center last month. Bring your camera and (optional) tripod and join us! Fliers available at the Senior Center to learn more.

Thurs; Nov. 17th, 9am Elderwood Home Care presents a Card Making Class

Come and craft your own handmade cards for those special people in your life at the Senior Center. Everyone can do this activity. Please join us for some craft making joy. It's super easy because we take out all the prep work. We supply the precut paper, stamps, the ink and punches for 3 beautiful cards of your choice. The cost is: \$5. Space is limited to 10, so sign up early at the Senior Center.

Thurs., Nov 17th, 12:30 pm: "Fraud Squad"

Players: The RSVP (Retired Senior Volunteer Program) will perform a compelling portrayal of popular scams and fraud seniors often fall victim to today. Sign up to be entertained, educated and get informative handouts!

Thurs., Nov 17th, 2pm Book Chat: For this month's discussion, please read *Blackbird House* by Alice Hoffman. Copies are available at the NEW Shrewsbury Public Library's Circulation desk. December book, *Year of Wonders* by Geraldine Brooks is available on Nov 17th at the library.



Fri., Nov. 18th, 11:30am, Movie "Suffragette" Lunch at 11am.

Academy Award nominees Carey Mulligan and Helena Bonham Carter, and three-time Academy Award winner Meryl Streep, star in this powerful drama inspired by true events about the women willing to lose everything in their fight for equality in early 20th century Britain. Galvanized by outlaw fugitive Emmeline (Meryl Streep), and Maud (Carey Mulligan) joins the U.K.'s growing Suffragette movement alongside women from all walks of life who sacrificed their jobs, homes, children....and even their lives for the right to vote. An inspiring, unforgettable movie, especially in light of elections this month!

Movies have limited seating. Please sign up! Reserve lunch for 11am at the Village Café for \$2.50. The movie starts promptly at 11:30.

Mon., Nov 21st, 10:00-11, Senator Moore Office hours:

Senator Michael Moore or a representative from his office will be at the Senior Center to meet with constituents on a first come, first serve basis.



Mon., Nov 21st, 12-3pm Chair Massage:

Tense, achy muscles? Loosen up and enjoy a relaxing chair massage with Massage Therapist Kathie! Rates: \$1/minute. 5, 10 or 15 minute massages. Call to sign up!

Men's Club Meeting Speakers

Nov 3rd TBA
Nov 10th Karen McKenzie, Senior Health
Nov 17th Shrewsbury Recycles
Nov 24th TBA

November 8th: Election Day: Important Notice!

Tai Chi, Zumba Gold, Belly Dancing & Ageless Grace® classes will not be held! For activities that WILL take place, we recommend carpooling as parking will be at a premium!

Early voting at the Town Hall (regardless of your precinct): October 31st through 4th, Monday to Friday 8:00 A.M. to 4:30 PM. Wednesday, November 2nd 8am-8pm

Requests for rides to early voting and Nov 8th: must be received at the Senior Center 2 business days prior to your requested day by 10am. This covers all precincts.

Due to the November holidays the Red Cross Blood Drive and Ageless Grace are NOT taking place.

CARES Column

*(Consumer Awareness and Resources for Elders in Shrewsbury)
By Dave Grillo, CARES Coordinator*

Immediately, I was suspicious when I received a text message from an unfamiliar phone number. The text stated that a good friend of mind (who I had not talked with for a while) wanted me to review some photographs at "Ever.Link". Furthermore, I was to click on a link to view the pictures. (I refuse to click on links, even if sent in good faith by family members or friends, because the sender may not even realize that such links can carry viruses and other malicious content that can harm my software. Instead, if I want to view a website, I find the legitimate web address and type it in myself). I contacted my friend. He knew nothing about the text. Apparently, someone had gained access to his address book and was intending to invade the computers of my friend's "contacts". Unwittingly, many become victims to this kind of internet crime. With the internet, protect yourself by verifying before proceeding!

Our telephones are just as likely as the internet to lead us to become victims. I have received several phone messages in the last few years purportedly from the IRS. They are always pre-recorded with a computerized female voice. I recently received the most brazen one to date. It began in mid-sentence and threatened that an arrest warrant had been issued against me. Also, me and my property were being "monitored". I was given a phone number to call. This is definitely a scam, a very common one. The IRS deals with compliance issues only via US Mail. I called the Shrewsbury Police Dept. to inquire about their interest in being informed about such calls. I was told that the department is very aware of these types of fraudulent calls, but since the phone numbers are usually untraceable, the police can only warn citizens to ignore them. Again, as with the Internet, verify before proceeding.

If you take or are considering taking vitamins or other supplements, you might become enlightened by the September 2016 issue of *Consumer Reports* magazine. Beginning on pg.20, "supplements" informs that supplement (including vitamins) are not regulated (unlike prescription drugs). "They can be ineffective, contaminated with microbes or heavy metals, dangerously mislabeled, or intentionally spiked with illegal or prescription drugs." Fifteen ingredients to avoid are detailed. A worthwhile read.

Always talk to trusted family members or friends before making financial decisions you are unsure about!

Volunteer Opportunities

**By Stacey Lavelly
Volunteer Coordinator
508-841-8758**

November Volunteer Opportunities

Volunteer Opportunities for the Council on Aging:

With Veterans Day and Thanksgiving this month, now is a great time to think about all we are grateful for and to give back to others! Please call me to set up a time to come in and discuss volunteering. I am available Mondays, Tuesdays, and Fridays from 9a-3p.

S'Well Check Participants: This involves both volunteering as well as participating in this program. For more information, see Walter's Outreach Column!

Fill-In Senior Greeters 2016- 2017 School Year: The Shrewsbury High School Greeter program needs people comfortable with high visibility and good communication skills. You will have all vacations, holidays, snow days and summers off!

Programs in the Works: We are working on new Intergeneration Programs and are hoping to resurrect our Friendly Visitor Program. Interested? Please let us know as we continue to plan these rewarding and important programs!

Meals On Wheels Drivers: We are still seeking a few drivers and fill-ins to deliver meals to homebound seniors. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon.



New Classes at the Senior Center: Please let me know if you are interested in leading a class or group at the Shrewsbury Senior Center. We already have some new things in the works! We are always looking for new offerings so if you have a hobby, passion or experience you would like to share with others, please get in touch with me.

Please call or email me at volunteerjobs@gmail.com if you are interested in any of these opportunities. New opportunities come in all the time. If you do not see something of interest, call me and we can discuss other options!

Thank You!

Creedon & Co. at 39 Jolma Road, Worcester

For donating coffee cups to:

Rogers Café at the Shrewsbury Senior Center

Sheriff's Office and Sponsors

for a great Symposium

Shrewsbury Patrolmen's Union

for a wonderful lunch

(both took place last month!)

Words From The Friends

Our basket raffle was a success. Thank you to everyone who purchased tickets and congratulations to the winners! Many businesses and individuals generously donated items for the baskets and are listed below. Special thanks to Sharon and Maryann who gave their time to solicit donations and to Letty and Remy for assembling the beautiful baskets we had on display.

The Friends of the Shrewsbury Senior Center sole purpose is to raise funds to support the Senior Center and the senior citizens of Shrewsbury. It is a separate organization from the Council on Aging. The Friends need the participation of citizens (seniors & non seniors) in order to raise funds for this newsletter, provide new & replacement furniture/equipment, offer entertainment, keep the piano tuned and many other things.

Please consider becoming an active member of the Friends. We currently have openings for a secretary, an assistant treasurer and a few positions on our Board of Directors. We invite you to attend our board meetings. We meet monthly on the first Tuesday at 9:30am at the Senior Center.

Thank You to Our Sponsors for the 2016 Basket Raffle!

| | |
|---------------------------------|--|
| Shrewsbury Federal Credit Union | Violet Roberts |
| AAA Southern New England | Dunkin' Donuts |
| Hooter's of Shrewsbury | Shrewsbury Nursing & Rehabilitation Center |
| Willy's Steakhouse/Amici | Body Sage Massage Therapy |
| Other Place Pub | Napoli Italian Deli |
| Busy Hands (knitting) | Buffalo Wild Wings |
| Stop & Shop | Beth Murray |
| Remy Zawisza | Price Chopper |
| Hair Boutique | Bean Counter Coffee |
| Trader Joe's | Bar & Bakery |
| New England Hearing Instruments | Shaw's |
| Helene Tanenholtz | |

Congratulations to the Winners of our 2016 Basket Raffle!

Reminder:

The friends of the Shrewsbury Senior Center is a 501(c)3 non-profit organization. Your membership dues and donation are tax deductible. Please join or renew your membership (if you haven't already) for our year that ends June, 30, 2017.

SPONSORS

Mailing of the Senior Edition depends in part on advertisers, businesses, clubs and individuals. There is space available for additional ads. For information or to place an ad, call the Senior Center at 508 841-8640 and speak to Miranda, our advertising manager.

***Know a potential Sponsor?
Contact the Senior Center
508-841-8640!***

Membership year is July 1, 2016 - June 30, 2017.

Please check off box or boxes that applies!

Enclosed are:

- () \$10.00 Individual Membership
() \$20.00 Couples Membership
() \$_____ Additional Donation

Name-----

Address-----

City, Zip-----

Phone# (-----)-----

Email Address -----


Make Checks payable to:
FSSC, Inc.

98 Maple Avenue, Shrewsbury, MA 01545

Attention Non-Shrewsbury Residents!

Mailing outside of Shrewsbury affects our Bulk mailing rate. If you want to receive this newsletter and you don't live in town, the cost of mailing of the Senior Edition newsletter is now \$10 per year to help defray these costs. Please send your request and payment to: Shrewsbury Senior Center, 98 Maple Avenue. Shrewsbury MA 01545 or drop it off on your next visit to the center. Thank You!

November 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 9:00-11:30 Roger's Coffee Shop 11:00-1:00 SSC Club (Bingo) 11:30 Whist 1:00-2:00 Senior Challenge 2:00-3:30 Current Events | 8:00-9:00 Tai Chi * 9:00 Walking Club 9:00-12 Piano Lessons 9:15 Zumba Gold * 9-11:30 Roger's Coffee Shop 9-11:30 Independent Artists 10:20 Belly Dancing * 12-1:30 Art is 4 every 1 12-4:00 Duplicate Bridge 2:00 Men's Billiards * no class on 11/8 | 8:30-9:15 Tai Chi 9:00 -11:30 Rogers Coffee shop 9:30-10:30 Complete Workout** 10-12:30 Scrabble 11:00 Yoga 12:00-1:00 BP/Weight Scr. 12:30 Bridge 1-2:00 Mindfulness Meditation 1:00-2:00 Pilates (no class 11/2) 1:00-3:30 Whist 2:30-3:30 Country/Western Dance Lessons | 9:00-11:30 Roger's Coffee Shop 9:00-11 Friends Men Club 10:30-11:30 & 12:00-1:00 Open/Mic 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards Senior Center Closed November 24 Happy Thanksgiving Day! | 9:00-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 10:00-11:00 Men's Support Group 12:30 -1:30 Senior Challenge (Fitness) 1:00 -3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors Senior Center Closed November 11 Veteran's Day |
| **Parks and Recreation Activities Participants must register at the Parks Dept. 508-841-8503 | | | | |
| | 1 Chicken w/Asparagus Honey Glazed Carrots Mixed fruit | 2 11:00-1:00 flu shots 1:00 No Pilates Class American Chop Suey Broccoli & Red Peppers Baked Apples | 3 5:30/7:00 Community Dinner & Rehearsal play at the High School Hot dog on Bun Baked Beans Fresh Fruit |  4 10:00-11:00 Brain Gym Smoothie Workshop Catch of the Day California Vegetables Diet Pudding |
| 7 <u><i>Clocks set back by 1 hour</i></u> 12:00-3:00 Chair Massage Lemon Thyme Chicken Mixed Vegetables Cookie | 8 ELECTION DAY Van Trip: WalMart 10:00-11:00 Neuropathy Workshop 1:00-2:00 Hearing Screening Beef Patty-Jardinere Sauce Corn Fresh Fruit | 9 Foxwoods Trip—Men's Friends Club 8:00-12:00 Blood Sugar and Cholesterol Screening 10:00 COA Board Meeting 11:00-1:00 Flu shots Herbed Roasted Pork Spinach Yogurt | 10 9:00-12:00 Legal Clinic 12:00-1:00 Lunch and learn with Dr. C. <i>Normal Aging in Seniors</i> 1:00 Two to Tango play Spaghetti & Meatballs Green Beans Peaches | 11 VETERANS DAY MUNICIPAL OFFICES CLOSED No lunch served |

| | | | | |
|--|--|--|---|---|
| 14 | 15 | 16 | 17 | 18 |
| | 1:00-2:00 Monthly Friends Program: Songs of World War II in honor of Veterans Day—Ruth Harcovitz singing 1:00 Exploring Photography | 9:00-12:00 Legal Clinic 11:00-1:00 Flu Shots | 9:00 Card Making Class 12:30 “Fraud Squad” Players Chat 2:00-3:00 Book Chat Discussion: <i>Blackbird House</i> | 11:30 Movie & Lunch (11a) <i>Suffragette</i> |
| Turkey Pot Pie w/biscuit Green Beans Mixed Fruit | Greek Chicken Broccoli Tapioca | Meatloaf & Gravy Chuckwagon Corn Fresh Fruit | Macaroni & Cheese Carrots Birthday Cake | Breaded Fish Mixed Vegetables Pineapple |
| 21 | 22 | 23 | 24 | 25 |
| 10:00-11:00 Michael Moore Office Hours 12:00-3:00 Chair Massage | Van Trip: Northborough Mall | 11:00-1:00 Flu Shots | HAPPY THANKSGIVING <i>MUNICIPAL OFFICES CLOSED</i> | 8:30a Newsletter Mailing |
| Vegetable Cheese Bake Roman Vegetables Fresh Fruit | Roast Turkey w/Gravy Butternut Squash Cream Puffs/Vanilla Mousse | Chicken Murphy Country Blend Vegetables Pears | No lunch served | Pork Chow Mein Oriental Blend Vegetables Mandarin Oranges |
| 28 | 29 | 30 | <p>The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon (2) business days in advance. Meal donation of \$2.50 would be appreciated. For a full menu please see the Senior Center kitchen or front desk.</p> <p>PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up.</p> | |
| Chicken Sausage Jambalaya Green Peas Pineapple | Meatballs w/Onion Gravy Winter Mix Vegetables Yogurt | 11:00-1:00 Flu Shots Salisbury Steak Peas & Carrots Apple Crisp or Applesauce | | |

**THE DOCTOR IS IN:
with Dr. Harvey Clermont, "Dr. C"
Hair is "Hot"**



Of all the important issues confronting seniors, am I wasting a column on hair loss and its treatments? Isn't this a "middle-age", male problem? In fact, hair loss due to aging affects both genders. Half of all post-menopausal women experience some hair loss, frequently causing social anxiety. This differs from alopecia areata where the immune system attacks hair follicles and androgenic alopecia (male or female pattern baldness) due to heredity and dihydrotestosterone (DTH) levels.

We have between 100,000-150,000 hair follicles on our scalps and shed 50-100 hairs per day. Hair grows about 1/2 inch per month. An individual follicle which produces around 20 "terminal hair shafts" in its lifetime can be in an active growth phase (anagen), transition phase (catagen), or rest phase (telogen). Heredity plays a major role in determining the pattern and degree of hair loss.

If your hair is thinning excessively, your doctor should first check for a medical cause (high or low thyroid hormone, polycystic ovary syndrome, ringworm, etc.) review your medications, lifestyle (especially significant weight loss) and degree of stress in your life. Generally, six weeks to three months after a significant stressful event, a shedding phenomenon (called telogen effluvium) may begin. Fortunately, for many, a complete remission is possible.

Chemotherapy, which targets rapidly growing cancer cells, also affects other rapidly growing cells such as active growth phase hair follicular cells. The resultant hair loss (called anagen effluvium) is fortunately reversible but the new hair may be different.

Only two medications are approved to treat hair loss, minoxidil (rogaine) and propicia (finasteride). Newer experimental studies are "in-the-pipeline" involving janus kinase inhibitors (JAK inhibitor), stimulating scalp stem cells to turn into hair follicles, and using injections of platelet rich plasma growth factors. Surgical procedures vary from transplanting individual follicles to larger grafts, scalp reduction and flaps. Given that Americans spend 3.5 billion dollars a year on minimally effective products, there is a huge incentive to find something new.

Pattern hair loss in women tends to be diffuse in all areas. As in men, the hormone DTH appears to be partially to blame. Inappropriate traction on the follicles such as occurs with braiding, cornrows and tight ponytails over time can cause alopecia. Dermatologists estimate 60% of women over 70 are affected with some degree of hair loss. Minoxidil 5% foam used daily is up to 80% effective to regrow hair in women.

Dr. Harvey Clermont is a retired surgeon and longtime volunteer at the Shrewsbury Senior Center. He currently serves as Friends of the Shrewsbury Senior Center, Inc. Vice President

News from SHINE

(Serving Health Information Needs of Everyone!)

Ed Roth, Regional SHINE Coordinator

**The Medicare Open Enrollment begins on
October 15th and ends on December 7th
Don't Wait Until It's Too Late!
Make a SHINE Appointment Soon!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans, they can also drop providers from their Plan, so it's important to review your options EVERY year



to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call the Senior Center and ask for a SHINE appointment with trained volunteer counselor Mahesh Reshamwala. Free, confidential counseling on all aspects of health insurance is available to anyone on Medicare. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program sponsors a monthly Cable TV program called "SHINE'S MEDICARE AND MORE". This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. See page 2 for station and times.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. We also have a link to our the cable TV program Medicare and More.



**Outreach Coordinator
Walter Rice, LCSW,
Set up an appointment
at 508-841-8647**

Do you have a Health Care Proxy? 3 page packets are now available explaining things you should know about this simple, legal document you can do yourself. Packet includes the one page form. Call or stop by to get your copy!

Fuel Assistance News: New applications begin this month! If you have received Fuel Assistance in the past, you should have received your re-certification paperwork in the mail. If you need assistance, even if it is just for all the photocopying that is often required, the Senior Center is here to help. Do you qualify this year? Income limits are \$34,001 for a single person household, \$44,463 for two. If you qualify for Fuel Assistance, you may also qualify for their Weatherization Program. Brochures are available on the free energy audits, insulation and other incentives available!

Short Term 1-1 Emotional Support: Overwhelmed, stressed or sad? You're not alone! Walter can meet with you at the Senior Center or at your home for your convenience to listen non-judgmentally and possibly provide new options and choices to help you to address your issue(s) to get you "un-stuck"!

Small Home Repair Program (SHRP): PLEASE be safe and don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all small repairs you may need help with. Light bulbs need changing? Unsafe steps, stairs, railings? Being safe in your home is important. Call and explore the options that are available.

All information shared in Outreach is Confidential! If you have a friend or love one in need, please let Outreach...Reach Out!

REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. **Water Rice is a Reiki Master** and can provide this gentle healing technique. Call him if you would like to make an appointment for a FREE half hour session or to learn more.

Mindfulness Meditation Classes: Classes are on Wednesdays from 1:00pm to 2:00pm. The focus of this FREE group class is to help reduce stress & anxiety that may be happening in your life. If you have questions or would like to learn more about this growing group, call Walter.

"S'Well" Checks for Solo Seniors!

The Senior Center is piloting a program to provide **daily wellness checks for solo seniors**, who, though they may have many friends, neighbors and family members they are in touch with through out the week, don't have a DAILY connection with a consistent person. Contact could be whatever is easiest for the participant...text, e-mail, phone call. If you would be interested in participating in such a program if/when it becomes available, please get in touch with the Senior Center so that we will be able to notify you when we have such a program in place. We have developed a simple one page form to fill out to get started.

If your life is also enriched — and sometimes complicated — by caring for one or more pets in your home, please indicate that on the sign-up form as well. In the future, we may be able to arrange daycare, overnight boarding or a foster home for your pets when you need to be away from home for short periods; extending from several hours to several days; or if you are having a procedure or experiencing a short illness that interferes with your pet(s) care.

A limited number of **Shrewsbury's solo seniors are needed as volunteers** to help us determine how to make these activities best serve the needs of participants. Volunteers in the pilot program should expect to serve as the designated daily check-in point on a rotating basis. This will require faithfully monitor email and phone messages during the specified hours on the days when they are the designated check-in point. If you are willing to help, please let us know!

We encourage all seniors who believe they could benefit by these proposed services to contact the Senior Center for a form. The number of responses we receive will also help us to design the daily "S'Well"ness-Check Program for Shrewsbury's Seniors (and their pets)!

The Rainbow Lunch Club has expanded to the Rainbow Supper Club!

The Worcester LGBT Elder Network (WLEN) and Elder Services of Worcester are proud to announce the



launch of the Rainbow Supper Club. The meals will be held on **November 9th, November 23rd, and December 1st and 6th** at the Unitarian Universalist Church, 90 Holden St, Worcester. To learn more about the Lunch or the Supper Club or to make reservations: contact WLEN the week before at 508-756-1545, ext. 404, or e-mail wlen@eswa.org. Brochures are also available at the Senior Center or by mail, or learn more on the website: www.eswa.org/lgbt.

For more detailed information you can find brochures in the Senior Center Travel Stand

Bucket List Travelers (formerly Seniors On The Go): Contact, Dave Stevens at davemts@charter.net, 508-869-6830 or visit website: www.bltofm.com.

Bucket List Travelers and a representative from Collette Travel will hold an Informational Presentation on **December 12th at 2:30 PM** at the Senior Center to provide a video program with details about two additional adventures in 2017 – **“UK by Rail”** (September, 2017) and **“Southern Charm”** (October, 2017). Attendance Prize drawing. Please RSVP to Dave Stevens for the December 12th presentation. There is no obligation to register for these trips, simply come to learn the details and how you can save money when you book early. Pick-ups for all events are in Shrewsbury where your car can be left in the parking lot.

Anyone with Gift Certificates from Seniors on the Go: please mail them to Dave Stevens, 401 Cross St; Boylston, Ma. 01505 to receive a refund for the face amount of the Certificate. Seniors on the Go no longer offer day trips to utilize the certificates.

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Merrow: 508-835-4312 or e-mail: glady2@verizon.net. Flyers at Senior Center.
Dec 11 (Sun) Stocking Stuffer Tour & Bright Nights Christmas Lights (well into our second bus) \$99.00

2017 Trips:

| | |
|--|----------|
| Mar 17 (Fri) A Mystery Tour to a New England city with 2 attractions & lunch | \$89.00 |
| April 8 (Sat) Broadway Show “ONCE”, Palace Theater with lunch, Waterbury, CT | \$139.00 |
| April 23 (Sun) Daffodils at Blitewold Mansion, Bristol, CT | \$99.00 |
| May 13 (Sat) Albany, N.Y. Tulip Festival | \$99.00 |
| June 17 (Sat) Tall Ships Parade of Sail, ships with their sail up & Sail Boston Festival | \$199.00 |

We are exploring a trip to **Iceland** in 2017! Call if you would be interested!

Bob Zinkus 2016 Trips: 508-757-1210 or zworcester@verizon.net, Checks to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604. All trips leave from Our Lady of Loreto Church, 33 Massasoit Road, Worcester. Contact Bob to join his mailing list for 2017 trips.

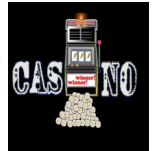
Foxwoods Casino: (Nov 10, Dec 1) Receive \$10 slot play, buffet voucher, prizes on bus \$25/day

New York/Atlantic City: (Nov 28-30) Radio City Christmas show, 2 night stay in Atlantic City.

Food voucher, slot play, ticket to Christmas show. \$289/per person (double)

Christmas Spectacular : December: (12/10) (Waltham) Play & luncheon at the Chateau Restaurant \$121

New Year's at Noon: December: (12/31) Cruise Boston Harbor, Meal and Champagne Toast \$91.00



Foxwoods Casino, Wed., Nov 9th, 8:00am with the **Men's Friends Club**. Depart at the Shrewsbury Senior Center. Sign ups are through Joe Montecalvo (508 234-5162) or the Senior Center. \$22 /person, includes a \$10 food coupon & \$10 Keno tickets. Payment is needed at sign up. **NO** refunds. Parking spaces are limited so please car pool.

November Community Events!

November 13 (Sunday) at 3:30pm: The Assabet Valley Mastersingers and Orchestra with the Algonquin Regional High School Chorus present: **The Time Has Come for Peace**. The theme is inspired by Nelson Mandela's inauguration speech: "the time for healing...to bridge the chasm...has come...Let freedom reign." At the Algonquin Regional High School in Northborough. Tickets: \$25; \$20 Students/Seniors, \$3 advance discount available at outlets - AVM website or David French Music Co., Westboro. Active Duty and Veterans admitted Free. For further info. (978) 562-9838 or www.avmsingers.org

November 13th, (Sunday) from 3 to 6pm
The Shrewsbury Woman's Club Presents:
“From Vines to Hemlines” An afternoon of wine tasting, food and local fashion. Join us to sip wine from Europe and the USA. Cleanse your palates with fare prepared inventively by the celebrated **“Deadhorse Hill”** kitchen, 281 Main St. in Worcester. View the latest fashions from **“Sandra Anne's Boutique”** of Shrewsbury, **“C.A.S. Handmade”** handbags of Worcester and **“Sassy You”** of Northborough. This is The Woman's Club Fall Fundraiser to benefit the Shrewsbury Woman's Club Scholarship Fund. **Cost** is \$45.00/person. Please call Jean Maynard (508) 755-0299 or Eirinn Campaniello (508) 330-7640 by Nov. 7th to make your Reservation!

November 1st, 5-7pm at the Shrewsbury Library:
Music and Caregiving

Cara Brindisi, MT-BC will explain the power of music for those with Alzheimer's and dementia to shift moods, manage stress, help with cognitive function and much more. All guests will be entered into a raffle for an iPad shuffle or iTunes gift card. Family caregivers only, registration required.



Shrewsbury Senior Men's Club

Thursdays, 9-10:30am

Join us for coffee, a donut
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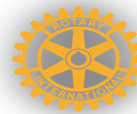
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Save The Date for December!

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Holiday Stress! December—5th & 19th
Set up time for you or your loved ones. Makes
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Holiday Luncheon, Dec. 15th, Fri. 11:45am

Sponsored by: Representative Hannah Kane and
Senator Michael Moore

Music by Malcom Halliday, concert pianist, organist
and conductor! Food provided by The Assabet Valley
Regional Technical High School Culinary Arts/
Hospitality Program! Sign up: By Dec. 5th at the
Shrewsbury Senior Center. Limited to 150 people!

Fall 2016 Yard Waste Pick-up Program

LEAVES, GRASS & SMALL BUNDLED BRANCHES

Will be picked up at the curb on your
regular rubbish collection day during the
following weeks in the Fall of 2016:

**November 14 thru November 18
November 28 thru December 2**

Yard waste must be in the 30 gallon paper
lawn & leaf bags and lined up at the curb
by 7:00 A.M. Brush will be picked up if it is
no larger than three inches in diameter, cut
into four foot lengths and securely tied into
bundles. Please do not set out sooner than
your collection day.

Publications Available At The Senior Center:

WISE Fall 2016 Course Catalog: Another great offering of courses at Assumption College's Worcester Institute for Senior Education. Courses still available. Call 508-767-7513 or visit www.assumption.edu/wise or view the Senior Center's Reference Copy.

2016 Guide to Private Home Care Services in Central and Western MA:

This 29 page reference booklet is available at the Senior Center.

2016 MA Home Health Resource Directory: This 306 page informative reference guide is available at the Senior Center. There are four tabs: Information, City, Agencies and Allied/Individuals.

2016 Assisted Living Resource Guide: This 280 page reference guide is available at the Senior Center.

Summer/Fall 2016 Guide to Senior Living and Care: These 34 page booklets are made by New Life-styles: the Source for Senior Living. There are plenty available at the Senior Center. Come pick one up or call to have them mailed.



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